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In 3 Hh

HOUSEKEEPERS' CHAT

DEC 17 1930  
Monday, December 15, 1930.

NOT FOR PUBLICATION

Subject: "Holiday Cookies." Information including menus and recipes from the Bureau of Home Economics, U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes," and "Cooking Beef According to the Cut."

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this morning looking very sad,  
Betty Jane came into the kitchen/very sad indeed. She gave me a reproachful glance and then sighed as if life was just too disappointing, but she did not say a word.

I was disturbed. I knew something serious must have happened to make the most cheerful and chatty member of our household act this way.

"Is anything the trouble?" I asked.

Betty Jane nodded and looked gloomier than ever.

"Santa Claus hasn't been sending you bad news about Christmas presents, has he?"

Betty Jane shook her head. I tried again.

"Your kitten didn't go wandering off again last night, did it?"

Betty Jane shook her head again. By this time I was really upset.

"Do tell me what the trouble is, Betty Jane! I promise to do my best to help."

"It is your cookie jar, Aunt Sammy. It's all empty and so is your red cake box. Christmas is almost here and when Horace and Ann come to visit, we won't have any oatmeal cookies for our tea parties." I was almost sure I saw tears in Betty Jane's eyes.

"That cookie jar shall have attention this afternoon, Betty Jane. Here is a nice winter day, just the time to make a supply of holiday cookies."

"Can I help, Aunt Sammy?"

"A splendid idea."



A wide smile appeared on Betty Jane's face.

"Let's make lots and lots, Aunt Samm, and all different kinds."

"Shall we make some especially for you and Horace and Ann? Oatmeal, dried fruits and molasses, you know, are all fine foods to supply growing children with the minerals they need, especially the iron. How about some oatmeal cookies and some date bars? They won't be too rich or sweet for children."

Betty Jane took down the green cookbook and found the recipe for oatmeal drop cookies in the very middle of page 73. An easy recipe to make and a good one. As for the date bars, here is a new recipe, not in the book, so if you will take your pencils and pads I'll give it to you. There are 7 ingredients:

1-3/4 cups pitted dates,  
3 eggs,  
1 cup sugar,  
1 cup sifted flour,  
1/2 teaspoon salt, and  
1 teaspoon baking powder, and  
1 cup chopped nuts.

I'll repeat these to be sure you have them all. (REPEAT).

To make these date bars, cut the stoned dates in small pieces; beat the eggs; add the sugar, the sifted dry ingredients and the dates; and mix well. Pour the mixture into greased shallow pans. Bake from 30 to 40 minutes in a very moderate oven (about 300 degrees F.). When cool cut in bars, roll in sugar and store in a tin box. Chopped dried prunes or figs may be substituted for part of the dates.

"You have forgotten something," Betty Jane suggested. "What cookies are you going to make for the grown-ups' tea parties?"

I shall put in a supply of orange drop cookies. You'll find the directions for those also on page 73 of the radio cookbook. My sister, Matilda, always says there is nothing like orange drop cookies with afternoon tea.

The menu specialist has prepared an inexpensive menu for your dinner tomorrow, one that the whole family will enjoy. Stuffed Flank Steak, Browned Potatoes, Red Cabbage boiled until just tender, Celery and Jellied Fruit. Doesn't the sound of that menu make you hungry?

The recipe for Stuffed Flank Steak you will find on page 6 of that fine little leaflet, "Cooking Beef According to the Cut," which, of course, you all have on your kitchen shelf.

Red cabbage keeps its bright natural color if it is cooked in boiling water until just tender and, after draining, served with lemon juice or vinegar. The flavor is best if cooked that way, too.





Jellied fruit is made by adding either canned or fresh fruit to the simple recipe for lemon jelly. The ingredients are:

- 2 tablespoons of gelatine,
- 1/2 cup of cold water,
- 2-1/2 cups of boiling water,
- 1 cup of sugar,
- 1/2 cup of lemon juice, and
- 1 cup of prepared fruit.

I will repeat those. (REPEAT).

Soak the gelatine in the cold water for five minutes and then melt it by pouring on the boiling water. Add the sugar and lemon juice, pour into cold wet molds and chill. When it begins to thicken, drop in the cup of fruit. You can use a fruit combination or just one kind. My family enjoys diced bananas or oranges, seeded Malaga grapes cut in half, or diced canned fruits like pineapple, peaches or cherries. Jellied fruit is very good served with whipped cream or custard sauce.

Tomorrow I will talk about selecting your Christmas trees and greens. I have learned a lot about Christmas trees recently from the United States Forest Service that I am sure will interest you and be of help in choosing the tree for your home, and I am going to pass the information along.

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